The Natural Cure

of

Eye Defects

Dr. L. Kamesvara Sarma,
M.A., N.D.

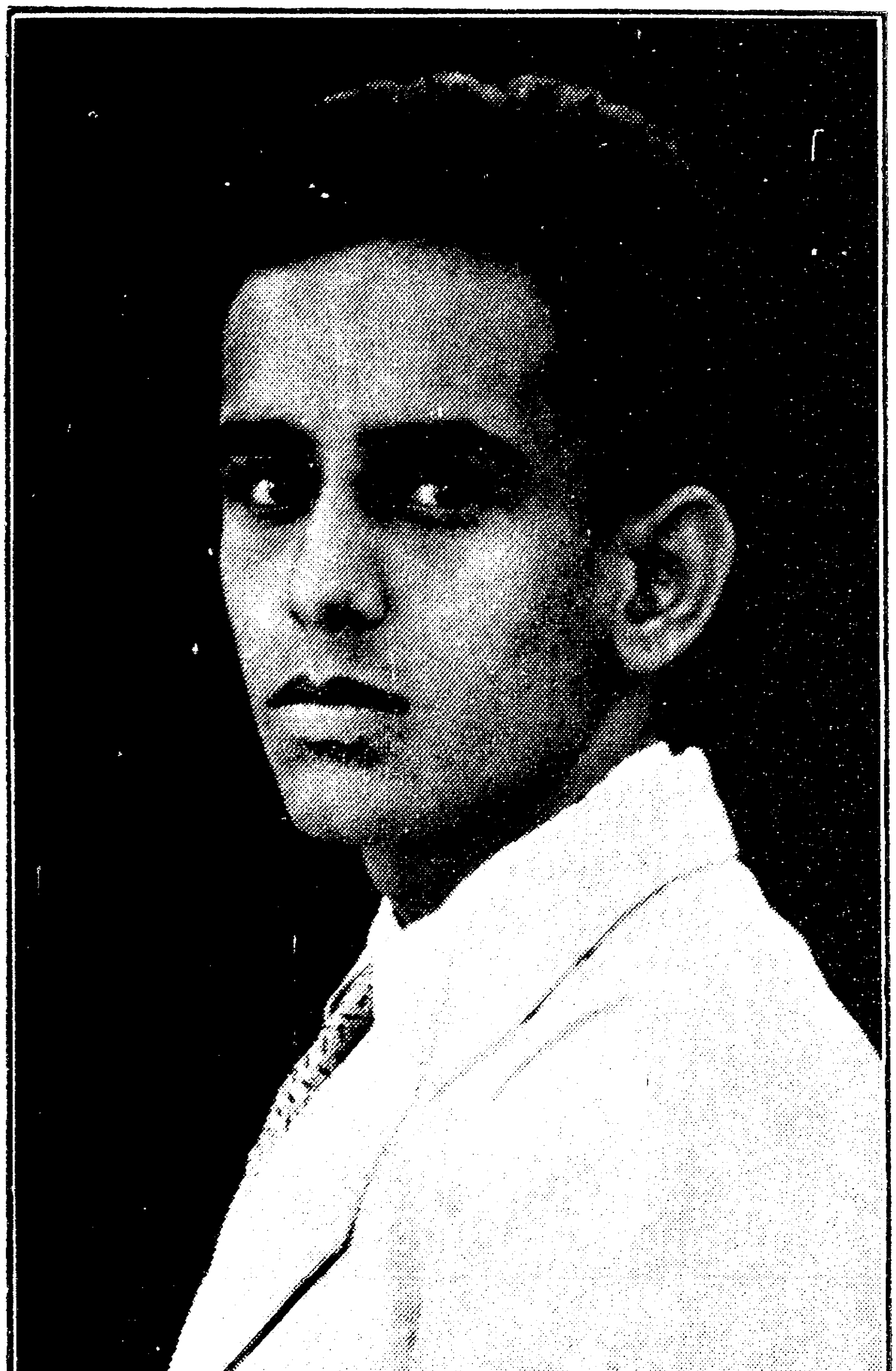
"......His treatment of the composition of the eye and the causes of its defects is illuminating. With the help of scientific facts he disproves the theory of allopathic doctors that the eye is 'a rigid body.' He convincingly shows that the eye is not 'something apart and capable of functioning by itself.' And defective vision is not 'a local disorder.' This is a vital point to be borne in mind. It is on this that the Nature-Cure treatment of eye defects hinges. It has no use for glasses, drugs and surgical operations. It shows the possibility of curing even the socalled 'incurable' cases...... The author does not talk in a vacuum. He gives specific instances of persons that have followed his methods with benefit. A renowned nature-cure doctor with a title for authorship of such an important subject,

NATURAL CURE OF EYE DEFECTS,

Dr. Kamesvara Sarma has condensed so much useful information and so many valuable instructions. It indeed opens our eyes to the defects of the common method treatment of eye defect."

NAGPUR TIMES.

Digitized By Roja Muthiah Research Library



DR. L. KAMESVARA SARMA. M.A., N.D.

Digitized By Roja Muthiah Research Library

THE NATURAL CURE
OF EYE-DEFECTS

DR. L. KAMESVARA SARMA, M.A., N.D.
(His Highness The Rajah's College, Pudukkottai)

ROJA MUTHIAH
47, HOSPITAL STREET
KOTTAIYUR-623 108
P. M. DIST-INDIA

SECOND EDITION

THE NATURE-CURE PUBLISHING HOUSE
PUDUKKOTTAI, S. I. RY.

October 1940

Rights Reserved

Digitized By Roja Muthiah Research Library

CONTENTS

CHAPTER | PAGE

I. **Introduction :**
1. This Trade in Spectacles, 2. Physiology of the Eye, 3. What Glasses do to us, 4. Drugging and Surgical Methods of Treatment ... 1

II. **The True Cause of Eye-Defects** ... 22

III. **Natural Cure of Eye-Defects :**
The Use of Sunlight, Diet, Baths ... 36

IV. **Bates' Exercises :**
Palming, Swinging, Aids to Vision, Eye Muscle Exercises, Neck Exercises 46

APPENDIX

I. **Sample Prescriptions :**
1. Chronic case, 2. Defective vision, the sub-acute stage and where the patient is young, 3. Acute pain or inflammation in the eye ... 56

II. **"Even a little of this Dharma will save you from great danger"** ... 58

Illustrative Cases ... 60

Digitized By Roja Muthiah Research Library

THE NATURAL CURE
OF EYE-DEFECTS

CHAPTER I

INTRODUCTION

The eye is an extremely delicate organ; the crude methods of medical or surgical interference with its sensitive mechanism is always attended with risk; at the same time—as experience shows—there is no guarantee that the promised good results will be realised. No sensible person will need to be told that it is always wiser to prevent conditions which would seem to necessitate any kind of unnatural interference with the eye. Nor does it need any elaborate argument to prove that if eye defects can be set right in a natural way, that way is to be preferred to medical methods. The natural way is always non-violent, and implies trust in the inherent self-healing powers of the living body as a whole, of which the eye is an integral part.

The natural way is also more rational, because it is true that the body is an indivisible

Digitized By Roja Muthiah Research Library

organic whole, and needs to be treated as such; those that ignore this simple truth are ignorant mechanics, who are safer kept at a distance.

The natural way consists in understanding and removing the cause. We must therefore first understand the cause of eye troubles and then study how the cause can be removed.

In the light of this principle we shall first examine the chief medical methods of eye treatment and then study the natural way.

The following are the commonest ailments connected with the eye namely, myopia (short-sight), astigmatism (that condition of the eye in which rays of light from an object are not brought to a focus at one point), glaucoma (one of the commonest forms of blindness at and after middle life; there is also considerable pain; it is caused by increase of pressure inside the eye due to increase in the fluid of the eye), cataract (opacity of the lens), detachment of the retina (loosening of the retina due to the formation of fluid between the retina and the inner coat), inflammation and pain in the eye. The medical method of treating myopia, presbyopia and other eye troubles is to prescribe suitable lenses, in

Digitized By Roja Muthiah Research Library

order to overcome the refractive error in the eyes.

1. THIS TRADE IN SPECTACLES

Time was when spectacles were considered to be fit only for old men, whose eyes were not good enough for reading small print at night. And they cost precious little, though the lenses had to be made in the old, crude way, by a laborious process; and there was no fee to pay for the doctor's prescription.

Little boys wearing spectacles in the day-time were first to be seen a few decades after the modern schools were opened; at first the spectacled boys were few—barely one in a class of thirty. Soon their number began to increase, and now it is difficult to say without taking a census for short sight in schools whether the four-eyed or the two-eyed ones are in the majority.

Naturally, this trade in spectacles is a lucrative one, both for doctors and the dealers. But the income earned in this way is just a measure of the advancing degeneracy of the race. It is facts like these that expose the hollowness of the claim that science as pursued by the experts of

Digitized By Roja Muthiah Research Library

of our time is increasing the sum of human welfare.

In not a few cases the glasses have to be changed again and again, the power being raised each time, until a time comes, when the power can no more be raised ; meanwhile the wearer's health grows worse until even the most optimistic of doctors is compelled to admit that nothing more can be done for the sufferer; he is warned that he must refrain from all work, not that he may get better, but that he may not get worse ; even at this stage, if the man happens to hear of the Nature-Cure, and gives it a trial, he may in a reasonable time recover both health and normal vision.

This trade in glasses is built upon the medical teaching that short sight is incurable, which in turn is based on certain physiological falsehoods, which have been sanctified by authority and hence cannot be questioned by any holder of a medical diploma, unless he is prepared to face the worst possible persecutions at the hands of organised medicine. It should not be supposed that it is a simple matter to depose established doctrines, even if they happen to be false, even if ample proof be available. Medical science

Digitized By Roja Muthiah Research Library

is organised, not in a strictly impersonal scientific spirit but in a thoroughly human trade-unionist mentality. The proof of this is not far to seek; it has been recognised by wise observers, like Mr. G. B. Shaw. We have also on this subject the experience of Dr. W. H. Bates, M.D., of New York, who had the misfortune to discover the falseness of the medical physiology of the eye. This will be explained in the next section. Here I shall just record the opinion expressed by Dr. Bates in his book, "The Cure of Imperfect Sight by Treatment Without Glasses", that it is not reason, but blind submission to authority, that governs the practice of medicine. The medical man is dominated by authority; if new facts are found which would disturb his faith in the established authority, he would ignore the facts and continue to believe as before. His mind is not elastic enough for him to take the trouble to revise his notions. How can men with this mentality be regarded as men of science?

2. THE PHYSIOLOGY OF THE EYE

The belief in the value and necessity of glasses for all cases of defective vision is well rooted in the minds of the allopaths. It is based

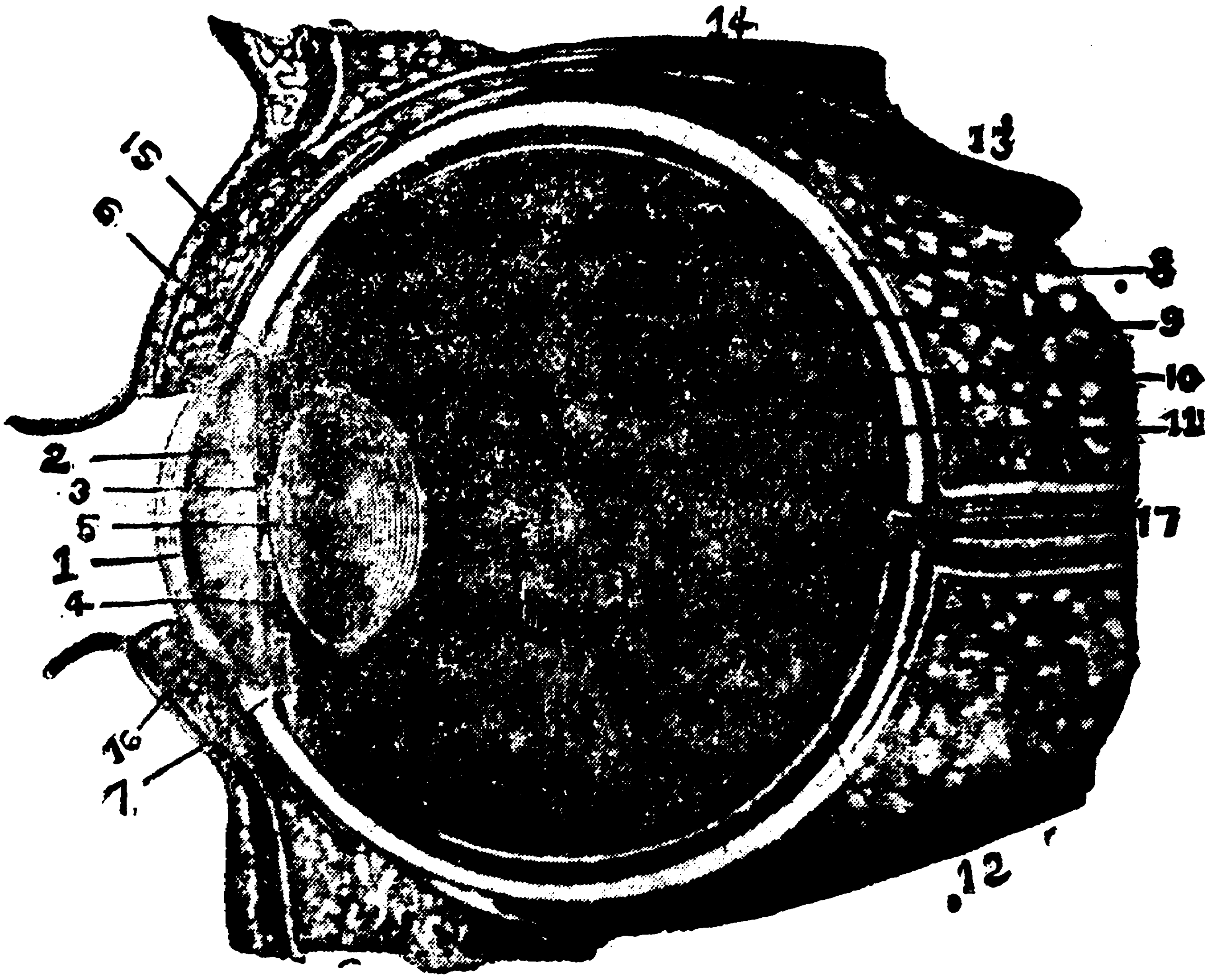
Digitized By Roja Muthiah Research Library

on the assumption that defective vision is due to permanent defects in the shape of the lens of the eye, which cannot be radically cured, but which can be alleviated by the use of suitable glasses. But the researches of Dr. Bates have proved that defects of vision are not due to any change in the shape of the lens, but to derangements of other parts of the eye, that are capable of being overcome by suitable natural methods. Thus there are two methods of treatment, carried on by two rival schools—those who think that defective vision is incurable but can be alleviated and those who seek to re-establish normal vision by removing the causes.

To understand how these methods differ and how they produce different results, a little knowledge of the structure of the eye may be helpful. The eye ball is a hollow, elastic body, nearly spherical in form. The front of it projects somewhat forwards from the rest of the eye. The eyeball as a whole is made up of three coats—the scleratic coat, the choroid and the retina. The scleratic coat is a tough, opaque, fibrous covering for the eye. It protects the inner parts from injury and preserves the spherical shape of the eye. Its frontal portion—called the cornea—is

Digitized By Roja Muthiah Research Library

as transparent as glass; through it light is transmitted to the interior of the eye.



1. Cornea, 2. Aqueous humour, 3. Pupil. 4. Iris, 5. Crystalline lens, 6. Suspensing ligaments, 7. Ciliary processes, 8. Sclera, 9. Choroid, 10. Retina, 11. Vitreous humour, 12 Lower Rectus Muscle, 13. Upper Rectus Muscle, 14. Muscle to lift upper lid; 15 & 16. Tear glands, 17. Optic nerve.

(*By the Courtesy of Anbu-Nilayam*)

The choroid or the middle coat is made up of what is called connective tissue, and contains the blood-vessels and pigment cells; hence the choroid coat does the work of supplying nutriment to the whole eye. Because the cornea is transparent the front part of the choroid coat is visible. It is called the *iris*. It corresponds strictly to the shutter of a photographic camera;

Digitized By Roja Muthiah Research Library

it has a hole in the centre called the pupil, through which light is allowed to pass into the eye; the iris however differs slightly from the camera shutter, in that the pupil remains open except when closed by the eyelids, while the camera shutter remains shut except when a plate is actually exposed. But somewhat like the shutter, the iris changes its shape so as to increase or decrease the amount of light. Just behind the iris is a crystalline double convex lens, which focusses the light on the retina, so as to make a clear image of what is seen. The retina corresponds to the sensitive plate or film of a photographic camera. Around the lens the choroid forms into folds known as the ciliary processes, which contain within them the ciliary muscle, which is connected with the lens by means of small ligaments. The retina is an extension of the optic nerve, which comes from the brain; it receives the images of the objects seen and conveys them through the optic nerve to the centre of vision in the back portion of the brain. There are also the external muscles which connect the eye-ball to different points in the socket; these are very important, as we shall see later.

With these facts in mind we can clearly see how outside objects are photographed on the

Digitized By Roja Muthiah Research Library

retina. Light rays pass through the cornea; the pupil cuts off the outer rays, and allows only the central rays to pass through the lens; the lens focusses these rays on the sensitive screen called the retina, so that an inverted image is formed; the optic nerve carries this image to the brain and vision is the result. According to the distance of the object, the length of the eye-ball—in a normal eye—should undergo the necessary changes by the action of the muscles on the eye-ball exactly as the body of a collapsible camera undergoes in the hands of an expert photographer. The lens remains unchanged and has no part in the adjustment of the eye to different distances.

THE EYE AS A PHOTOGRAPHIC CAMERA.

Human Eye	Photographic Camera
1 Eye ball	Body of the camera
2 Iris	Shutter
3 Pupil	Diaphragm
4 Crystalline lens	Convex lens in front
5 Retina	Sensitive plate or film
6 Muscles on the eye-ball	Hands of Photographer

Digitized By Roja Muthiah Research Library

Allopathic doctors are not aware that the eye-ball undergoes changes in length and shape during *accommodation* (adjustment of the eye to distance); they say that the eye is able to see both distant and near objects, that is, it accommodates to different distances, by the contraction and expansion of the crystalline lens (thus changing the focal length of the lens), owing to the action of the ciliary muscle upon it. According to this view, the eye is a rigid body which cannot change its shape and therefore cannot take any part in accommodating the sight to distances.

But in the experiments of Dr. Bates upon the external muscles of the eye of fish, rabbits, cats, dogs and other animals, the demonstration was complete, that in thc eyes of these animals accommodation depends wholly upon the action of the extrinsic muscles, and not at all upon the agency of the lens. By a manipulation of these muscles he was able to produce or prevent accommodation at will, to produce temporary myopia (short sight), hypermetropia, and astigmatism, or to prevent these conditions.

He has also found that the eyes from which the lens had been removed, or in which it had

Digitized By Roja Muthiah Research Library

been pushed out of the axis of vision, responded to electrical stimulation precisely as did the normal eye, so long as the muscles were active; but when these had been paralysed by the injection of atropine deep into the orbit, electrical stimulation had no effect on the refraction. "In one experiment the lens was removed from the right eye of a rabbit, the refraction of each eye having first been tested by retinoscopy and found to be normal. The wound was then allowed to heal. Thereafter, for a period extending from one month to two years, electrical stimulation produced accommodation in the lensless eye precisely to the same extent as in the eye which had a lens. The same experiment with the same result was performed on a number of other rabbits, on dogs, and on fish." So writes Dr. Bates. A rabbit with the lens removed was exhibited by Dr. Bates at a meeting of the Opthalmological section of the American Medical Association, held in Atlantic City, and was examined by a number of opthalmologists present, all of whom testified that electrical stimulation of the eye-ball produced accommodation or myopic refraction, precisely as in the normal eye. The obvious conclusion is that the lens is not a factor in accommodation.

Digitized By Roja Muthiah Research Library

There is another striking case to disprove the medical theory, namely that of a cataract patient in whose eye the lens has been removed by an operation. In the case of cataract patients the transparent lens gets covered with an opaque film of foreign matter so that the patient gradually loses sight and ultimately becomes blind. Usually the lens is removed by an operation and glasses are supplied to serve the purpose of the lens. These patients are usually supplied with two sets of glasses, one for reading purposes and the other for distant vision. If the medical theory were true, accommodation of the eye in the case of these persons to changes of distance must be impossible, since the lens has been removed; but accommodation does take place in many cases.

It has been possible for many to read at thirteen and ten inches and even at a less distance with the distant glasses. Dr. Bates says that one man was able to read without any glass at all. Even a single case of this class is enough to prove that the lens has nothing to do with the adjustment of the focus to different distances.

Thus it has been proved beyond doubt that the shape of the eye-ball does change when the

Digitized By Roja Muthiah Research Library

vision is adjusted to suit the distance, owing to the action of the outer muscles attached to the eye-ball, which shorten the distance of the ratina from the lens when a distant object is viewed, and widen that distance for seeing near objects. The eye has therefore been rightly compared to a folding or collapsible camera; it (the eye) can be lengthened or shortened according to need, provided there is no nervous strain or other abnormality of the eye-ball which might paralyse the mechanism temporarily or permanently. This is so because the eye-ball is elastic and there are external muscles, which are designed by Nature to bring about this adjustment.

3. WHAT GLASSES DO TO US

Glasses can never restore the sight to normal. When seen through a convex or a concave glass, colour is always less intense than when seen with the naked eye; and as the perception of form depends upon the perception of colour, it follows that both colour and form must be less distinctly seen with glasses than without them. Even plane glasses lower the vision both for colour and form as any one can note when he looks out of a window. There is always the

Digitized By Roja Muthiah Research Library

danger of the glasses getting broken and causing injury to the wearer and also preventing him from taking part in sports and social pastimes generally.

There is another serious source of injury from glasses. One cannot see through them unless he produces the degree of refractive error which they are designed to correct. But refractive errors, in the eye which is left to itself, are never constant. If one secures good vision by glasses, it means that he is maintaining constantly a degree of refractive error, which otherwise would be varied frequently. But that is not all. It is a matter of common experience that the condition is made worse. In most cases the spectacle-wearer has to be steadily increasing the strength of his glasses, in order to maintain the same degree of visual acuteness. This is because the glasses accommodate the eye in a fixed and unchangeable way, with the result that the strained condition of the eye muscles is only made permanent and intensified; this is so, because the cause of the trouble is not removed. That the human eye resents glasses is a fact which no one would attempt to deny. Every eye specialist knows that patients have to 'get used'

Digitized By Roja Muthiah Research Library

to them, and sometimes they never succeed in doing so. Yet they are considered as a boon! Of course it is easy to understand the high esteem in which glasses are held, since in the present state of medical science, millions would be unable to get on with their business as they do now unless they use glasses, and more and more are resorting to them everyday, because they are made to believe that defective vision is incurable and that the only thing to do is to wear glasses.

The glasses, supplied for correcting a refractive error present in the eye, do in fact conceal for the time being the symptoms of poor sight. Although the more serious condition of the body, which is the *cause* of the defective vision, is not removed, the patient is lulled into a false sense of security and he neglects to take measures for the removal of this cause. The use of glasses will thus merely serve to conceal or relieve the warning symptoms, leaving the more serious cause both undiscovered and unrelieved. Such treatment is like stopping the clock in the vain hope of arresting the advance of time. It is not natural, especially for the young, to go on wearing glasses; it will only lead to racial degeneracy.

Digitized By Roja Muthiah Research Library

In short, glasses are only eye-crutches—for eyes that have gone lame—and they keep them lame, and in time make them lamer still. The wise patient should aspire to cure this lameness, so that his eyes will no more need these crutches; in the course of this enterprise he will inevitably reap immense gains of health in other directions, which will make his life better worth living.

4. DRUGGING AND SURGICAL METHODS OF TREATMENT.

Often it happens that the defective vision cannot be set right by suitable lenses alone; an operation is performed on the eye or some drug is injected into the tissues. In the case of glaucoma they use eserine, pilocarpine, glaucosan, etc., and in cataract it is said that potassium and sodium iodide as well as cyanide of mercury and dionin are used. These are deadly poisons and therefore foreign to the nature of the components of the human body. Also as they are inorganic poisons they cannot be easily eliminated from the body. Remaining inside, they get deposited in some vital organ of the body and begin to destroy that organ. Hence these drugs can have only a temporary palliative effect and not a curative one. On the other

Digitized By Roja Muthiah Research Library

hand, the disease will only be worsened, because the cause is not removed.

Operative Treatment.

Operative treatment may not necessarily be successful. In many cases it is wholly unsuccessful and in many more cases it is only partially successful. I shall now deal with those cases which are said to be successful. In glaucoma the surgeon tries to lower the pressure in the eye by effecting an outlet for the excess of the intra-ocular fluid. The outlet is effected by cutting a part of the iris or by performing an incision in the sclera, with or without the excision of a piece of the cornea. The treatment of detachment of the retina consists in bringing about a reattachment of the retina by pressure-bandages, puncture, injections, cauterisation and surgical closure of retina holes. The treatment of cataract consists in bringing relief by a process of absorption of the liquified lens or by the removal of its opaque substance. In senile cataract the affected lens is completely removed. All these methods aim at removing only the product of disease but not the disease itself. They do not at all touch the root cause. They do not help to regenerate the nerves, the muscles

Digitized By Roja Muthiah Research Library

and the blood vessels of the eye-ball. Consequently the eye is not restored to normal. Besides we need to consider the risks involved in the operations ; no surgeon is in a position to guarantee that there will be no post-operative complications. As a consequence of the operation, all kinds of pathological conditions arise. They affect the eye as well as the whole body and make themselves obvious by their effects on the lungs, the nerves and other parts of the body and even the mind. The technical skill of the surgeon will be of no avail in preventing these complications, so writes Dr. William Luftig, M.D. (Berlin).*

One of the complications in the surgical treatment relates to the blood vessels of the eye. This manifests itself in bleeding of a more or less severe nature. A severe bleeding entails most unpleasant consequences. It weakens the patient ; it gives a great shock and discomfort

* Dr. Luftig has had a practice of more than 25 years in this line. He has brought out a book called "How to Cure Eye Diseases Without Operation", wherein he deals exhaustively with the surgical methods of curing eye troubles and gives a detailed account of the operative and post-operative complications. His book is very interesting and instructive.

Digitized By Roja Muthiah Research Library

to him. It renders the exact performance of the operation in the blood-stained area extremely difficult. One of the main causes of severe bleeding, says Dr. Luftig, is an inequality of tension between the blood vessels and that inside of the eye. The tension inside the eye is lowered by the operation, while that in the blood vessels in the choroid is as before ; the result of this unequal tension is a bursting of the degenerated blood vessel wall; and the blood escapes into the eye. In the case of an expulsive bleeding the blood comes out with such force that it washes out the contents of the inner eye and the empty globe collapses. "In cases of glaucoma and detachment of the retina it (bleeding) heightens the danger of injuring the lens and giving rise to the clouding of its tissue, thus producing the disease picture of cataract. In the case of retinal bleeding, a considerable visual disturbance may result if the haemorrhage is situated in the region of the yellow spot. When other parts of the retina are involved, the eye-sight is not essentially affected by it."*

There are many more complications which concern the eye tissue. The affected parts of the

* From Dr. Luftig's book.

Digitized By Roja Muthiah Research Library

eye are the conjunctiva, the cornea, the iris, the lens, and the aqueous and vitreous humour. The conjunctiva, which is often brittle in the case of old and weak patients, gets torn where it is held by the forceps. In some cases parts of the surface of the cornea are rubbed away and this will lead to irritation of the tissue. This is accompanied by excessive pain and burning. There is also a sensitiveness to light, flow of tears and a clouding and degeneration of the cornea tissue. Another complication which relates to the iris is the divultion of the iris. In some cases the iris falls in front of the knife and the result is that pain and bleeding follow.

Occasionally a rupture of the operation wound takes place. This comes about when the patient is in a state of excessive nervousness. The wound may also be forced open by sudden and violent strain, vomiting, coughing, sneezing, stooping, restlessness, etc. There may also be a slipping forward of the interior eye-tissue. This complication is called a prolapse. The tissue that slips out of place may get caught in the operative wound. This may retard the process of healing and may cause irritation. This may also bring about glaucoma by the blockade

Digitized By Roja Muthiah Research Library

of the fluid channels in the globe. Apart from the complications which affect the body as a whole or some vital organs, an eye operation entails protracted rest in bed and this in the case of weak and old patients, may result in the development of pneumonia. In some cases patients, suffering from an enlargement of the prostate, may sustain an acute urinary detention. Again, there are the effects of the local and general anaesthesia.

Dr. Luftig says that it would be dangerous to employ general anaesthesia where there is diabetes mellitus, arterio-sclerosis, disease of the heart, asthma, disease of the kidneys, and other constitutional defects.

ROJA MUTHIAH
47, HOSPITAL STREET
KOTTAIYUR-623 106
P. M. DIST-INDIA

Digitized By Roja Muthiah Research Library

CHAPTER II

THE TRUE CAUSE OF EYE DEFECTS.

The common defects of the eye-sight have been mentioned in the last chapter; all are due to the same cause, the removal of which will restore normal vision.

In short-sight the length of the eye ball from the front to the back—where the retina is—is longer than in the normal eye, and cannot be shortened to suit the distance of the object; in long-sight the length is less than in the normal eye, and cannot be lengthened.

Dr. Bates thought that the cause of these defects is strain of the nerves, causing failure of the external muscles, by which the normal eye accommodates itself to the distance of the object; and he devised methods of resting the eyes—which will be described later—in order to remove the strain. As will be explained later, this system has proved a failure in a very large class of cases. The reason is that Bates' notion of the cause was superficial.

It is true that strain exists in all cases of defective vision; but this strain itself is the

Digitized By Roja Muthiah Research Library

effect of more deep-lying causes; unless those causes are known, the right methods of cure cannot be found; for unless the deeper causes are removed, the strain, which is only an effect of some deeper cause, will remain.

This is very well illustrated by the following case: Mr. Harry Benjamin of London was suffering very much from defective sight along with serious constitutional abnormalities. Even at the age of five, he was made to wear glasses of minus ten dioptres; the glasses were made more and more powerful as he became older; at the age of fifteen he was wearing glasses of minus fourteen dioptres. This could not go on indefinitely, because the real causes, the constitutional maladies, were neglected. When he was seventeen there came a crisis; he developed a hemorrhage (bleeding) in the left eye, and was taken to a hospital and kept there for some months; there his eyes became even worse; he was then wearing glasses of minus eighteen dioptres. With these he somehow managed to get on with his clerical work. Soon he was forced to give up his work altogether, as there was a danger of his going blind. "This advice," he writes "came from a Harley Street Specialist, who was, and still is,

Digitized By Roja Muthiah Research Library

one of the shining lights in the world of ophthalmology." So he took up a travelling agency for some oil company; thus he got on for a few more years, at the same time pursuing his studies in philosophy, psychology and political science. In the meantime he was making his annual pilgrimage to the 'great specialist;' the latter gradually made it plain to him—what he knew without his telling—that his sight was getting worse and worse; at the age of twenty-six he was wearing glasses of the highest power available. Now he was definitely told that nothing more could be done for him, that he should give up reading, and that he should be 'careful ever afterwards, lest the retina' of the eye should become detached through an unexpected strain'. Yet he continued to work; at twenty-eight he found himself rapidly becoming blind; the slightest effort to see near gave him pains in the head; he was so desperate as to be willing to submit to any proposal, however drastic; but the great specialist had to confess he was utterly powerless to help him.

It was at this stage that a friend of his got Dr. Bates' work read to him. That friend's brother had practised Dr. Bates' methods and obtained benefit. Benjamin learnt from this book

Digitized By Roja Muthiah Research Library

that as long as glasses were being worn, there could be no cure—that he must discard his glasses in order to practise the new method. So he threw up his job, gave up the glasses, and under the guidance of a practitioner of Bates' method began the task of re-educating his eyes. He could hardly see anything at first, but in a few days he began to improve; in a short time he could see well enough to move about unaided, but not to read. So far Bates' method did good; but his progress stopped there; the method, it was seen, did not remove the cause.

Now, fortunately, he came in contact with another practitioner of the same method, *who was also a Nature-curist.* The latter convinced him that Bates' method alone would never *cure* him,—that it was necessary to treat the body as a whole, so as to change the bodily constitution for the better, and thus remove the underlying cause of the eye-defect. Benjamin gladly put himself under the guidance of this teacher of the natural way. Under his advice, he changed his diet, he began to live on fruits and vegetables, instead of the customary diet of meat, white bread, and other denatured foods. This acted like magic; by the end of a three weeks' course he was able to read without glasses, though very

Digitized By Roja Muthiah Research Library

slowly and painfully! In a year or so, he could read and write quite well—without glasses, like normal people; he has written a book giving his own experience and advice to sufferers.

This is a typical case; that is, there are only too many cases in which Dr. Bates' method is bound to fail, if relied upon to the exclusion of the approved methods of Nature-cure—change of diet and other items of what we call dietetic righteousness, and other constitutional treatment, which we call *Health culture.* It is even possible to discard Dr. Bates' methods altogether, relying entirely on the abovenamed methods of Nature-cure, which produce ameliorative changes in the constitution, and thus cause the defect of sight to disappear of itself; for when the cause is removed, the effects will disappear of their own accord; this has been verified in such a difficult case as cataract—which is considered to be incurable, and therefore to be relieved only by undergoing a very costly operation; Dr. Sarma K. Lakshman (Pudukottah, S.I.Ry.) cured two such cases about twenty years ago, by purely natural methods, without any treatment for the eyes.

In one of these cases the patient was more than sixty years old. He came to Dr. Lakshman

Digitized By Roja Muthiah Research Library

for a letter of recommendation to a reputed surgeon, who was the chief medical officer of the State, and he got the letter and had his eyes examined by the doctor; the latter told him that he should wait for six months, allowing the cataract to mature, and then come to him for operation; when Dr. Lakshman was told of this, he advised him to give a trial to Nature-cure for at least those six months; the patient gladly followed his instructions,—taking curative cooling baths and sun baths, and adhering to a strictly regulated diet; he took no food in the morning; he took his dinner—of rice and conservatively cooked vegetables—at noon; at night he took only a little raw milk and fruit. Meanwhile he was going to the other doctor regularly once a week, to get himself examined for signs of improvement, if any; the latter found the cataract getting less and less, and by the end of the period named by him there was no cataract left for him to operate.

This patient had to pass through many curative crises*, especially dysentery and cough; he also complained of a burning sensation of the eyes, and a slightly viscous fluid escaping from them; he was made to understand that these

Digitized By Roja Muthiah Research Library

were beneficial processes—stepping stones to the final cure.

The other case was that of Dr. Lakshman's own mother. She was almost blind when she began treatment; a surgeon had examined her eyes in Bombay, and had informed her that she must undergo an operation within two months; but under Nature-cure, within six months, she was able to see clearly, and even to do the cooking of the house. A cure has been possible in these cases, since they were not so much "civilised", either in dress or in eating. The old man was not much encumbered, so that he was easily cured. In the case of heavily encumbered people (especially where the nervous system is diseased) much patience and perseverence and more drastic changes in diet, combined with occasional fasting, will be required in order to achieve success*.

Thus it is plain that Dr. Bates has not succeeded in evolving a perfectly rational and scientific method of curing eye defects. His system, consisting of methods of relaxing the

* The reader should study Dr. Lakshman's text-book—Practical Nature-Cure, priced Rs. 4, N.C.P. House, Pudukottah, S.I.R.,—in order to understand these and other terms and the principles and methods of Nature-cure.

Digitized By Roja Muthiah Research Library

nerves and re-educating the eye muscles through a course of exercises, is grossly inadequate for the radical cure of any but slight defects. In the case of serious defects, Bates' methods fail utterly; they do not remove the real cause of the defects, and hence there is little improvement and the condition becomes stationary.

The reason is, Bates had no more than a superficial understanding of the cause of defective vision. Bates believed that these defects are due to strain and nothing else, that the eye in every case is all right, and could be made to see all right, if only the owner could train himself not to strain himself.

The cause lies far deeper than the strain. The question must be put—and the answer found—why the man strains himself at all. To stop short at this point and conclude that the strain is the cause is as irrational as to be satisfied with the statement that poverty is caused by insufficiency of income—which is true as far as it goes, but is of no value in pointing to the remedy. In only too many cases the strain is involuntary and habitual; there is a long chain of causation behind the strain. The root-cause is remote, and lies deep in the bodily constitution. Treat-

Digitized By Roja Muthiah Research Library

ment of the eye alone will never touch this cause; hence there is no real cure, but at the most only slight improvement or relief from the more painful symptoms.

The notion that the eye is something apart and capable of functioning completely by itself is grossly fallacious; it is incorrect to look upon defective vision as a local disorder. What the sufferer must realise is that inability to see normally and headaches or nausea induced by reasonable use of the eyes are symptoms of physical and nervous irregularities which may not at all have their origin in the eyes. Ignorance of this fact leads many to suppose that glasses are the obvious and final remedy. The secretary of Dispensing Opticians Ltd., of London, says in an article in the 'Daily Telegraph' August 1st, 1933, that "in fact many cases of impaired vision are due to disease, which cannot be cured by the use of spectacles, though suitable lenses may so improve vision and temporarily at any rate give relief from the associated symptoms that a complete cure will seem to have been effected."

It has been known that such diseases as diabetes and kidney diseases have an effect upon

Digitized By Roja Muthiah Research Library

the eyes, and it is generally admitted by medical men that some cases of cataract are diabetic in origin. Most laymen know that spots before the eyes are an accompaniment of derangements of the liver and digestive organs. All diseases of the body are shown in the eye; the eye is a mirror in which the signs of bodily disease are exhibited. If the person is suffering from venereal disease, his eyes become deep-seated and shrivelled; if the disease be of the kidney, then the eyes are yellowish in colour; if there is fever, the eyes redden, and experience a burning sensation; if there is asthma or consumption, the eyes whiten.

The remarkable relationship between the eye and the rest of the body is also shown by the Science of Iridology; every change in any organ or part of the body is registered in the corresponding part of the iris of the eye. It may be mentioned here that the very existence of this science is unknown to the medical profession; hence they cannot be appealed to on this point. This wonderful relation between the iris and the rest of the body is the result of the net-work of inter-communication between the nerves of the eye and the autonomic cerebro-spinal nervous systems.

Digitized By Roja Muthiah Research Library

In the course of my observation I came across a few cases where constipation was found to be at the root of the trouble. In one case the sufferer was of moderate habits, was living in a village, was practising Yogasanas, and was leading a life quite free from any trouble; later he got employment in the Railway Department, and there his hours of work, time of meals and the kind of food, all changed. He was taking hotel coffee and iddalies in the morning and hotel meal at 10 A.M., and had to go to his work immediately afterwards; he partook of savories and sweets in the afternoon. In about a year he began to suffer from constipation, and in another year, his sight became defective; he was diagnosed as having granules in the eyes and began to wear glasses after an operation. Later on he had to increase the power of the lens. Though he was lean his lower abdomen was pot-like and hard, an indication of the constipated state of the bowel. Here it was the 'civilised' life in eating and working that was responsible for his defective vision.

Another case was that of a young man aged hardly twenty who was wearing thick glasses, (minus five dioptres); when he was asked if he

Digitized By Roja Muthiah Research Library

was suffering from any constitutional disease, he admitted that he had chronic head-ache, for which he was taking Cafiaspirin pills.* In this case it was the chronic head-ache that had compelled him to wear glasses. Defective vision is often only a symptom of constitutional chronic disease.

That the poor sight is due to disease of the body in general can be inferred from the fact that eye-sore, when naturally treated improves vision, since the foreign matter that is clogging the muscles and blood vessels of the eye is removed from the eye by this acute crisis.

Thus we learn that in nearly every case there is a defect of the general health often profoundly affecting the whole nervous system, which makes a strain inevitable and habitual. If one has constipated bowels, or has an abnormal digestion, or if his blood is thick with viscous impurities and therefore moves lazily and weakly in his arteries, or if his liver or spleen or both be out of order, if his brain and nerves be sick, or irritated and working abnormally, then no single organ in his body can be

* Cafiaspirin and other remedies numb the nerves and give relief, but poison the nervous system of the body and finally lead to disease of the brain or nerves.

Digitized By Roja Muthiah Research Library

quite healthy and efficient, whatever the man himself may think or feel. And the eye is no exception to this general depressing effect of a bad foundation of the general health; its nerves and blood supply are part of the body; it cannot have better nerves, nor better blood, than the body as a whole. Just as a limb or joint may become stiff and unserviceable from impure blood or abnormal nerves, so too the shell of the eye may become stiff and irresponsive to the adjusting mechanism; not only the shell but also the muscles of the eye-ball would be paralysed; an effort under such disadvantages would necessarily lead to strain; and when the strain becomes a habit, the eyes would go lame as we may put it, needing the use of crutches, namely glasses. Not the eyes alone, but the mind itself would be affected, and the consequence would be an *involuntary* strain which no amount of conscious effort, or practice of eye exercises of relaxation can overcome. It is from this deep lying cause that serious chronic incurable infirmities like cataract of the eyes, or other forms of total or partial blindness arise.

What is needed, therefore, is to treat the body as a whole, so as to renovate the nerves,

Digitized By Roja Muthiah Research Library

and restore the purity of the blood. That is to say, an all-round course of Health-Culture is needed—the practice of dietetic righteousness, based on a true knowledge of hunger and the laws of digestion and other vital processes. That is to say, there is no such thing as a special treatment for the eyes, or ears, or nose, or throat or any other part of the body. In this connection it should be noted that the constitutional disease of the body can never be radically cured by allopathic medicines; drugs give temporary relief by suppressing the disease; the disease is only carried from the acute to the chronic and then to the destructive stage by drugs. This question has been clearly discussed in the chapter 'Druglessness' in 'Practical Nature-Cure.'

Digitized By Roja Muthiah Research Library

CHAPTER III.

NATURAL CURE OF EYE DEFECTS

Naturopathic practice shows that almost every case is curable and that glasses are quite unnecessary. In many cases the necessity to wear glasses ceases automatically where the complaint is left to itself. One of my friends told me that, some five are six years ago, he was told by some specialist in Bangalore, that he was having 'astigmatism' in the eye; he was asked to come again after six months to get suitable glasses prescribed and was warned that his eyes would grow worse if he did not wear glasses. But my friend did not at all go to him and somehow or other, he did not afterward feel the necessity to wear glasses and he is now confident of getting on for ever without glasses. The eye generally sets itself right, if it is given the needed rest. Many years ago, a lecturer of the local college got his old sight cured by taking leave from service for three years.

The Use of Sun-Light

From the account of the cases given above it may be seen that sunlight had been one of the chief agents in the treatment of the defects of

Digitized By Roja Muthiah Research Library

the eye. We see in the papers reports of the work of an eye-specialist of U.P., by name Dr. Agarwal, who is following Dr. Bates' methods and is treating short sight of school children by exposing the face (with the eyes closed) to the rays of the morning and evening sun and by certain exercises to the eyes, so as to relax the nerves and muscles of the eye-ball.

Sungazing (looking at the sun with eyes open) has been found to be very useful in the treatment of granular eyes and some other defects of the eye. Once in the hostel of the Annamalai University, Mr. T., a student, suddenly began to suffer from some itching sensation in the eye. He could neither read nor write. He had been already said to be having granules in his eyes, and he had been advised by an eye specialist to wear glasses. At first I did not know what it could be due to and asked him to apply raw crushed potato to his eyes; but he did not get any appreciable relief. Then a happy idea struck me; I thought that the beneficial rays of the sun might do him good. So I advised him to gaze at the early morning and late evening sun for ten seconds at a time. This he did and got complete relief in two days. It was this incident that gave me an incentive to study

Digitized By Roja Muthiah Research Library

this subject of the cause and cure of defective sight.

Recently a student of the local college came to me complaining of a burning sensation in his eyes and a consequent inability to read. In addition to this he was suffering from short sight. The power of his glasses was 2·5 and 2·55. He had been wearing the glasses for the last two years or so. The boy said that his glasses only served to increase his eye trouble. The final examinations were fast approaching and he could not afford to remain without reading. He was advised to discard the glasses and carry out the following treatment. He gazed at the sun through a green leaf for about five minutes and then exposed his face, with the eye-lids closed, to the sun for about fifteen minutes, at about nine in the morning. Then immediately he came to the shade and did palming for not less than five minutes. Then he gave a cold both to the eyes with an eye cup. He repeated this again in the evening. He applied cold water to the eyes with the eye cup as often as possible. He was also advised to include plenty of vegetables in his diet. This treatment gave him enough relief to enable him to prepare for the examination and now the abovementioned trouble has completely

Digitized By Roja Muthiah Research Library

been removed. His defective vision (short-sight) also has been partially cured. He is continuing the treatment. In many cases abundant relief is obtained in a very short time by such simple methods, although the root of the trouble is not removed.

In many cases sungazing gives rise to ill-effects; strain in the eyes is enormously increased and the vision is lowered. Dr. Bates says that blind areas may develop in various parts of the field (retina)--two or three or more!—that the sun instead of appearing perfectly white, may appear grey, yellow, red, blue or even totally black. "After looking away from the sun, patches of colour of various kinds and sizes may be seen, continuing for a variable length of time, from a few seconds to a few minutes, hours or even months. Organic changes may also be produced. Inflammation, redness of the conjunctiva, cloudiness of the lens and of the aqueous and vitreous humours, congestion and cloudiness of the retina, optic nerve and choroid, have all resulted from sun-gazing. *These effects, however,* are always *temporary.* No matter how much the sight may have been impaired by sun-gazing, or how long the impairment may have lasted, a return to the normal has always occurred; while

Digitized By Roja Muthiah Research Library

prompt relief of all the symptoms mentioned has always followed the relief of eye strain, showing that the conditions are the result not of the light but of the strain," so writes Dr. Bates. However one should be careful in practising sun-gazing; although no permanent harm may result from it, great temporary discomfort may be produced; the cautions needing to be observed are given here.

The patient must begin gazing at the sun very early in the morning (between 6 and 6-30) and do it for a few seconds; to be on the safe side he should gaze at the sun through green leaves, as recommended later; then he should come to the shade and immediately do palming.* This should be repeated many times. With practice, the patient can train himself to look at the sun at higher altitudes. The following case, given in Dr. Bates' book, may be of interest to the readers. The sensitiveness of the patient even to ordinary day-light was so great that she was using a black bandage over one eye and covering the other eye with a nearly opaque smoked glass; she had been kept in this condition of almost total blindness for two years, without any improvement. Other treatment extending over

* This is described towards the end.

Digitized By Roja Muthiah Research Library

some months had also failed to produce satisfactory results. She was then advised to look directly at the sun. The immediate result was total blindness, which lasted for several hours; but the next day the vision was not only restored to its former condition, but was even better. The sun-gazing was repeated; and each time the blindness returned but lasted for a shorter period. At the end of a week the patient was able to look directly at the sun without discomfort and her vision had improved twice the accepted standard for normal vision. Dr. Bates has also focussed the rays of the sun by a burning glass directly upon the eyes of some patients—of course, the light thrown on the eye must not be made too hot—and he says that marked relief has often been obtained in a few minutes. He says that even strong electrical lights, like the sunlight, will not do permanent harm, and that it is beneficial for one to get accustomed to this light. It is not light, but darkness, that is dangerous to the eye. Prolonged seclusion from the light always lowers the vision, and may produce serious inflammatory conditions.

The practice of sun-treatment, for the preservation of the eye, is not new to the Hindus

Digitized By Roja Muthiah Research Library

(at least to the Brahmins). The Brahmin has to do his sandhya in the morning and in the evening facing the sun, and during the midday prayers he looks at the sun through the hole of the interlocked fingers. The sun is the eye of the world; without his light the human eye cannot see. So in order to win His grace, our ancients had been practising Suryanamaskars. The very Gayatri-mantra refers to the sun. Sunlight is thus such a potential factor in the matter of health. We do not make use of his light, because we do not have to pay for his light; we do not value what we do not pay for.

Weakness or disease of the nervous system when present is very likely to cause untoward reactions to sunlight. *Hence patients whose nerves are abnormal should not gaze at the sun with the naked eye. They should do so through green leaves.* Tender yellowish leaves are not suitable for this purpose; mature leaves of a deep green colour should be used. Sun baths for the whole body,—as prescribed in Dr. Lakshman's book 'Practical Nature-cure'—with green leaf covering for the head and face are also necessary. Though Dr. Bates assures us as to the harmlessness and usefulness of gazing at the sun with the naked eye, still to be on the safe side beginners

Digitized By Roja Muthiah Research Library

need not gaze at the sun with the maked eye. Gazing through a green leaf and exposing the face to the sun with eyes closed are non violent and fool-proof methods.

Diet.

Diet is the most important agency in the matter of revitalising the blood, nerves and muscles of the body. Unless the deeper cause, namely the constitutional disease of the body, is removed, chronic defective vision can never be completely cured. The central teaching of Naturotherapeutics is that " if you take care of your health (by breathing pure air, exposing the skin sufficiently to sun-light, and eating pure and *positive* foods*) disease will take care of itself (will get itself cured.)

Diet should be made decidedly positive by reducing the items of negative diet to a negligible minimum and increasing the positive items. The negative items are all the highly nutritious ones—those that have a high proportion of protein, starch, sugar, or fat,—such as polished rice, refined sugar, white bread, pulses, and all

* Refer to Sarma's book 'Practical Nature-Cure'.

Digitized By Roja Muthiah Research Library

things made with maida or white flour;* these have to be replaced by unpolished rice, *genuine* wholemeal bread, *sweet* fruit and nuts—*to be used in rather low rations.* The positive items are raw vegetables, herbs or greens prepared as raw salads, conservatively cooked vegetables, raw milk, fruits etc.

In many cases it will be needful to take the juice of raw vegetables or herbs, at the beginning of each meal; in this way the cure can be made more certain.

The next is the ensuring of the profitable use of this food through the increase of the vital energy available for the ameliorative changes, by which the cure will be finally attained. One of the most important items of dietetic righteousness is the relation between work and digestion. Other points relate to the number and weight of meals. These points will be rightly understood by a careful study of the book 'Practical Nature-Cure'; it is indispensable that the patient should study and master the contents of this book.

* In many parts of Northern India people buy their wheat-flour in the Bazaar; the flour is called atta, and is supposed to be unrefined flour; really it is not so; the whold wheat-flour is passed through a sieve and the glutinous particles, called suji, are removed; hence this flour is not good.

Digitized By Roja Muthiah Research Library

Baths.

Local cold bath can be taken by taking cold water in the hands from a basin, and splashing the eyes with it or an eye cup can be used; it cools the eyes and will improve vision. This is best done after sun-treatment and palming.both in the morning and in the evening. While applying the cup to the eye, keep the eyes downwards lowering the lids and the cup, and move the lids in it very gently as in blinking. The cup should be removed and reapplied several times after every 20 or 30 seconds.

The spinal bath will improve the nervous tone to a great extent. Hip baths are also useful in aiding the bowel and increasing the digestive power. For detailed descriptions of these baths the reader is advised to refer to 'Practical Nature Cure'.

Local inflammation or pain in the eye in an acute form can be relieved by frequent wet-bandages, or potato poultice bandage or fomentation, or a combination of some of these methods. The rest of the treatment is to be the same as in any other acute disease.*

* Refer to the chapter 'Acute Disease' in Practical Nature-Cure.

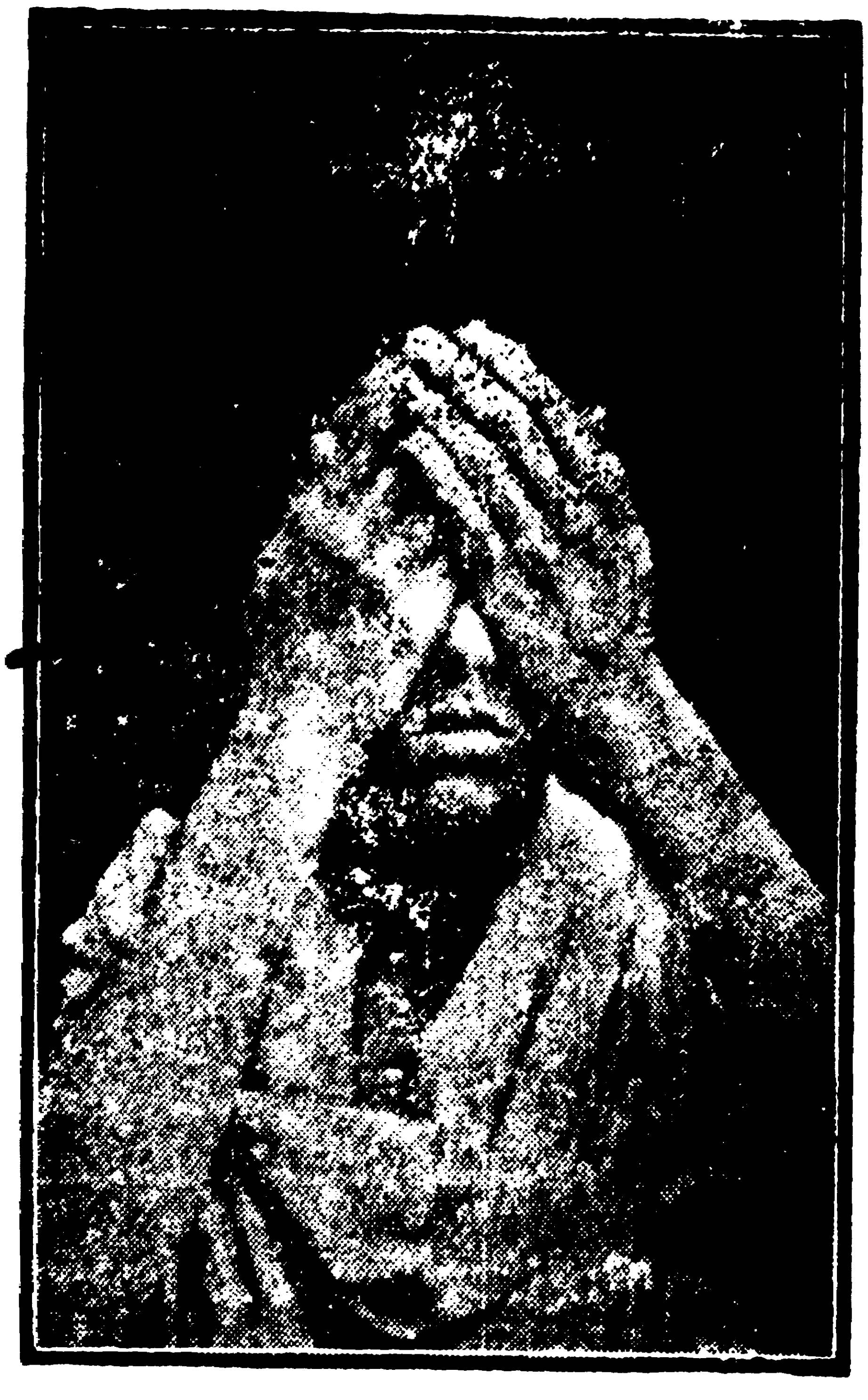
Digitized By Roja Muthiah Research Library

CHAPTER IV

BATES' EXERCISES

1. Palming.

Palming is a means of relieving strain; this consists in covering the closed eyes with the palms of the hands (the fingers being crossed



upon the forehead as shown in the figure), in such a way as to avoid pressure on the eye balls. We all instinctively close the eyes whenever we feel a strain in them; most patients are benefited merely by closing the eyes. But by means of

Digitized By Roja Muthiah Research Library

'palming,' a greater degree of relaxation can be obtained, as else some light come through the closed eyelids.

In the case of some, even with the eyes closed and covered in such a way as to exclude all the light, the visual centres are still disturbed and the patients see illusions of lights and colours. The worse the condition of the eye-sight, the more numerous and persistent are the appearances. Normally the field should appear so black that it will be impossible to remember, imagine or see anything blacker, as one ought to do when the optic nerve is not working. Worry or depressions of mind also make it difficult for patients to see black when they palm. Such patients can be greatly helped by the memory of a black object. This can be done by the patient as follows:—First look at a black object from a distance at which the black colour can be seen best, then closing the eyes, remember the black colour and repeat until the memory appears to be equal to the sight. Palming will be more successful as the patient practises the other parts of the natural treatment for the eye. Palming has been found to be very useful in bringing immediate relief even in very hard cases.

Digitized By Roja Muthiah Research Library

To palm, the patient should first sit in a canvas easy chair or in any other comfortable seat, and get himself as relaxed as possible. He should then close his eyes with the palms as shown in the figure and allow the elbows to drop on the knees. If the patient finds some other position more restful, he may do so. What he has to do is only to close the eyes, keep them as relaxed as possible and covered with the palms of the hands. In this way the eyes can be rested; when palming, the blacker the colour that is seen, the more relaxed will be the eyes. It will be profitable for the patient to rest his mind, by not dwelling,on subjects likely to affect him strongly or think about the condition of his eyes; but he would do well to try to imagine the blackness growing blacker and blacker, or by just letting the mind to wander as it likes.

2. Swinging.

Swinging is another method of inducing relaxation of the eyes by its soothing and relaxing effect upon the whole nervous system. This is performed as follows : the patient stands upright with the feet one foot apart and with the hands loosely at the sides; then keeping himself as relaxed as possible, gently sways the whole body

Digitized By Roja Muthiah Research Library

from side to side—imagining himself to be the pendulum of a clock. Another very effective means of relieving eye-strain is by swinging before a window. The window would seem to move the opposite way to the person. This sense of opposite movement should be noted and encouraged. Then the eyes held as loosely and as relaxed as possible, should be closed, and the swinging still continued, at the same time imagining the opposite movement as clearly as possible. This opening and closing should be done alternately for about two minutes each time.

3. Aids to Vision.

All sufferers from defective vision should cultivate the habit of blinking. Normal eyes blink all the time they are open, but it is done so rapidly, however, that it is not noticed. Defective eyes are strained and become fixed, so that blinking needs to be consciously cultivated. This can be done at all times, no matter what one may be doing, even reading. It will be found that a great deal more reading can be done in this manner.

Memory and imagination are also aids to vision. The cultivation of the powers of memory and imagination is of great importance for those

Digitized By Roja Muthiah Research Library

suffering from defective vision. This can be done as follows : choose any small object ; and look at it closely ; observe well its size and shape and run your eyes round the edge of the object, and then after getting a clear mental picture, close your eyes ; try to remember the object as exactly as possible ; then open your eyes and look at the object again closely. Repeat this many times (without wearing glasses of course).

Excessive reading is supposed to be responsible for eye-strain, especially in bad light ; but the truth is that reading can never cause defective vision. No amount of reading will ever affect the normal eyes. It is only when reading is done at an unnatural hour, that is at a time when the vital energy is demanded by his digestive organs, that reading is likely to do any harm. Reading is one of the best ways of keeping the eyes active and healthy. The secret of successful reading is to read without strain. This is done as follows: Remove the glasses, palm for a few minutes, then take a book and begin to read, keeping the book at a distance where the print is seen best. Read a few lines, or just a few words, until the eyes begin to tire, then stop reading and close the eyes for a few seconds and begin again. Keep blinking often,

Digitized By Roja Muthiah Research Library

while reading. In this way you can read with ease and without strain. Thus the eyes should be given the work they want to do, but they must never be strained. No hard and fast rule can be given, as to how long this reading can be done; but by practice one can read for at least two or three hours at a time without effort.

In the case of those whose eyes are not both equally bad, it is necessary to read with one eye at a time, and this is done by covering one eye with an eye-shade, whilst using the other; the shade can be transferred to the other eye, when the first one is tired. Those with one eye weaker than the other, should practise reading more with the weaker than with the stronger one.

While reading one must not constantly stare at one point of a letter or word. He must be constantly shifting the eyes. Also his head must move as the line of sight moves. To look at the white spaces between the letters and imagine them to be whiter than the margin, is one of the two ways of improving vision.

While writing he must keep the sight on the point of the pen and he must move the sight according to the movement of the pen. In the same way while sewing, he must move the sight according to the movement of the needle. Also in spinning one must not keep the sight fixed on the

Digitized By Roja Muthiah Research Library

spindle; he must move the sight as the cotton piece moves.

Frequent seeing of cinema picture causes eye-strain and injures the eye. This can be prevented by adopting the following instructions. He must sit erect comfortably and keep his eyelids down, raising the chin. He must keep blinking once in a few seconds and swaying a little from side to side. During the interval it is better to keep the eyes closed and remember the story.

Eye Muscle Exercises.

The following exercises serve to loosen up the strained and contracted muscles surrounding the eyes. These exercises are performed while sitting comfortably in an arm-chair or easy chair.

Exercise 1. Keeping the head still, and as relaxed as possible, move the eyes up and down, many times (at least six). Move the eye slowly as far up as possible and as far down as possible. Minimum effort should be used here.

As the eyes improve, the patient will be able to see lower down and higher up. The six movements should be repeated two or three times with rests of a few seconds between.

Digitized By Roja Muthiah Research Library

In the same way move the eyes from side to side without any effort.

Exercise 2. *Way to improve accommodation*. Hold up the forefinger of the right hand (about eight inches) in front of the eyes, then look away from the finger to any large object, ten or more feet away—the door or a window. Look from one to the other ten times, then rest for a second and repeat the same two or three times.

Exercise 3. Move the eyes gently and slowly in a circle, then move them back in the reverse direction. This may be done four times with rest for a second between and these four movements are to be repeated twice or thrice, being careful to use the minimum effort.

All the foregoing exercises should be done after palming. There should be a few seconds of palming between exercises 1 and 2; 2 and 3. Glasses should not be worn when doing these exercises.

Neck Exercises.

The purpose of these is to loosen the contracted neck muscles. The best time for doing this is on rising from bed; five minutes may be enough for these.

Digitized By Roja Muthiah Research Library

Exercise 1. Stand at ease, with the hands hanging at the sides, then raise the shoulders as high as possible, keeping them raised, draw them as far back as possible, then lower them and return to the normal position. Repeat this many times, making the movements one continuous rise and fall of the shoulders. The same exercise is then repeated in the reverse direction.

Exercise 2. Drop the head as far forward as possible on to the chest, keeping the neck relaxed. Then raise the head and allow it to fall as far backward as possible on to the shoulders and back. Repeat this a number of times.

Exercise 3. Drop the head forward on the chest as in the last, then describe a complete circle with it ; that is, turn first over the right shoulder, then down over the back, next over the left shoulder, then return to the first position. Do this in the reverse direction ; the neck must be kept relaxed all the time.

Exercise 4. Rotate the head as far to the left as possible, keeping the rest of the body still. Return to the normal position and in the same way rotate to the right side.

These four exercises done in the morning rising up from bed will ease the upper muscles

Digitized By Roja Muthiah Research Library

of the spine and neck and so there will be better blood supply to the head and the eyes.

What, therefore, the sufferer from defective vision needs to do, is to study and master the science and art of Natural Healing with the aid of a good text-book. He must follow the general health-culture treatment given there in detail; this will give him a radical cure, through the removal of the ultimate cause—the root cause—namely, the derangement of his general health. It may be asserted that, even though such derangement is unsuspected, it is sure to exist. Batesian methods and the exercises described above may be made use of to quicken the cure; these methods, when uncombined with a general course of treatment on the lines of Nature-cure, will prove beneficial only in the cases of young persons, having only slight defects of vision; most patients need a systematic course of special dieting, including fasting, now and then, together with sun baths and the cooling baths of the system.

Digitized By Roja Muthiah Research Library

APPENDIX I

Sample Prescriptions.

1. CHRONIC CASE.

Advice to an old person with deteriorating eye sight.

Drink of warm water after cleansing teeth. Fasting till meal time.

About noon: A meal of unpolished rice, vegetables, Cocoanut and curd in one course, preceded by a medicinal drink of juice of crushed raw vegetable and thin buttermilk.

Afternoon: Nothing but butter-milk or fruit juice. Orange juice to be prepared as instructed in " Practical Nature-cure", if needed.

Evening: Raw milk.

Night: Sweet Fruit. If plantains (bananas) are used, inside of skins to be scraped and eaten with the pulp.

Sun-baths, with plantain leaf for face.

Spinal or Hip bath to follow the above.

Gazing at the sun in the morning through a green leaf for a few minutes. Then exposing the face with eyes closed to the sun for about 15 minutes. Then palming after coming to the shade. This is to be followed by a cold bath to the eyes with or without the eye cup. The above to be repeated in the evening also.

Oil baths or baked lime-juice bath when convenient.

Fasting or water alone for one day in the week, to be increased continuously to 36 hours and then to 48 hours.

Digitized By Roja Muthiah Research Library

2. DEFECTIVE VISION IN THE SUB-ACUTE STAGE AND WHERE THE PATIENT IS YOUNG.

Morning: Drink of warm water. Sungazing through green leaf. Exposure of the face to the sun with eyelids closed for about fifteen minutes. (This can be done between 8 and 9 in the morning.)

Palming and Eyebath.

Swinging for a few minutes.

Forenoon or noon: Unpolished rice or wheat with conservatively cooked vegetables.

Afternoon: Salads of vegetables, or fruits or butter milk or cocoanut water, etc.

Evening: Sun treatment as in the morning followed by palming, swinging etc.

Night: Diet as in the forenoon. Observance of the other laws of Health, namely non-killing of hunger, positive diet, working on a light stomach, etc.

18 hours fast* once a fortnight or if possible once a week even.

---

3. ACUTE PAIN OR INFLAMMATION IN THE EYE.

Expose the face with the eyes closed to the sun both in the morning and in the evening for about fifteen minutes. Then do palming and eye wash with cold water. In the case of sore eyes, application of wet bandages, or raw potato poultice bandage or both and frequent washing of the eyes with fresh and good plain drinking water may be sufficient.

---

*This is fully described in the booklet 'Fasting Cure.'

Digitized By Roja Muthiah Research Library

APPENDIX II

" *Even a little of this Dharma (Natural methods) will save you from great danger.*"

A young man in Madras was a student in the B.A. class in the year 1936. He was then nineteen years old. He had been suffering from short-sight from his eleventh or twelfth year. His eyes were getting worse day by day. He had been often changing the power of the glasses. In the year 1936 he was wearing thick glasses of a high power. Within six months he found it necessary to raise the power of his glasses again. His then condition was as follows: He could not read continuously even for half an hour. As soon as he began to read, his eyes would begin to water and would compel him to take rest. A famous ophthalmologist in Madras told him that if he did not stop his studies his eye-sight would be ruined. At this stage he began to try Nature-cure. Till then he was in the habit of taking 'Asoka' arecanut every now and then. Also he was taking coffee 2 or 3 times a day. These two habits were stopped and he eschewed the appetisers, 'sambhar' and 'rasam,' from his diet. He made his diet more sattvic. Of course he was continuing to take the same rice (polished rice, washed, boiled and drained) which was then available in the Victoria Hostel of the Presidency College. Along with this rice he was taking whatever vegetables were available in the form of 'Koottu' and 'Porial'. In addition to this he was having curd once and milk at another time. Every day both in the morning and in the evening he was practising sun-gazing and other eye-exercises. He was daily having an enema to clear the bowels. In the night he applied a wet pack to the abdomen. This was continued for three weeks. The result

Digitized By Roja Muthiah Research Library

was that he was able to read without any discomfort for seven hours at a stretch; he did not try reading for more than this period. There was improvement in his general health also. The hair on his head was just then beginning to fall. This stopped completely after the treatment. There was no longer any need to change his glasses. He found also that he could safely ignore the famous ophthalmologist's warning. The student did not continue the treatment any further, but still he is maintaining the progress he has already made and this year he has passed his M.A. with a I class.

The treatment in this case was not drastic. Still very good results were attained in a very short time. Some people hesitate to take to Nature-cure because they cannot command all the facilities and conveniences for following the natural way. Let them only bear in mind that to the extent they do practise the methods they will be rewarded. In any case they will be far better off than they would if they followed other methods.

Digitized By Roja Muthiah Research Library

APPENDIX III

The following narratives are interesting from a general point of view. They illustrate the superiority of Nature-cure over other systems. Incidentally they show how an improvement in the general health, through a cure of a disease crisis by natural methods, improves eye-sight.

Mr. S., a young man aged nineteen, was suffering from typhoid. He was allopathically treated. Along with the drugs, everyday he was made to take in from half to five-eighths Madras measure of milk in all, in coffee, Ovaltine, and gruel. He was also given oranges. All this was given 'to overcome the extreme weakness resulting from the fever.' In spite of this nourishment he was not able even to lift his head. He had to be helped even to take his food. From the fourteenth day the food was increased by an egg a day, as the doctors thought that the food that was already being given was not sufficient. Still the weakness did not abate. On the twenty-fourth day the temperature came down to normal and ten days hence he was given an oil bath and the usual food of rice and 'sambhar'. Even on this day he was weak, he could not stand even by taking hold of the iron bar in the door.

Six months later, the typhoid fever recurred. *This time Nature-cure was followed.* The fever lasted for twenty-four days and on the twenty-fourth day the temperature came down to normal. For the first twenty-one days of the fever, he was given nothing but water; that is, he fasted absolutely. On the twenty-first day when the temperature was 99°F he was given the juice of *raw* vegettables. From the twenty-fourth day he was given *raw* vegetable juice and cocoanut water or bran decoction, wice a day. Slowly he gained strength and on the twenty-

Digitized By Roja Muthiah Research Library

eighth day he walked with ease three miles at a stretch. Even while he was fasting absolutely he had strength enough to move about, to answer nature's calls and to take baths without any external help. Contrast this with the utter absence of strength during his previous fever when he was very religiously fed by allopathic doctors with a view to keep up his strength. Is food the source of strength? Certainly not! The foolish idea that food is the source of vital power, which is cherished by allopathic doctors, has been the chief cause of many a tragedy.

Before this fever his sense of taste was so perverted that he could not relish even the most appetising foods. He could enjoy the savouries and sweetmeats more than his regular meals. But after his return to Nature, his sense of taste became so natural that he could relish even saltless diet and simple preparations like steamed vegetables and cocoanut scrapings without any flavouring. His eye-sight also became keener, though no definite defect in his eyes had been noticed before. Before the treatment he was not able to use the Logarithmic Tables without bringing the book close to the eyes and using a pencil to indicate the position. But after the treatment he could use the tables keeping it at the normal distance as he did with the other books.

Mr. X, a young man of twenty, was suffering from short-sight for more than six years; he had also a skin disease. His eye-sight was so bad that he could not even go out in the sun. Allopathic treatment was tried; more than eighty injections were given. There was no improvement. He then tried Nature-cure for his skin disease. He remained on a regulated positive diet, for two months. At the end of this period he got fever and this was cured by the same natural methods in about nine

Digitized By Roja Muthiah Research Library

days. He did not undergo any special treatment for his eye defect. Still his eye defect disappeared. His sunken eyes came out and assumed their normal size. It became possible for him to go out even in the midday sun without any discomfort.

ERRORS TO BE CORRECTED

The footnote at the bottom of Page 28 should be transferred to the previous page.

Page	*Line*	*Error*	*Correction*
13	4	ratina	retina
28	19	star mark	(to be deleted)

Digitized By Roja Muthiah Research Library

SELECT OPINIONS

ABOUT

DR. L. KAMESVARA SARMA'S

BOOK ON

'DEFECTIVE SIGHT'

"......This booklet has been ably written and is worthy of study by the student population.

"Every illness leaves its mark on the eyes, The eye must be carefully guarded. Food regulations, sufficient sleep, rest, clean bowels, free use of sunlight, water and air, proper recreation and exercise, constant thinking and above all Brahmacharya—these are indispensable for health and eye preservation. The ways of preserving the eye and of recovering the sight when lost has been clearly explained in this book. This interesting treatise upon the vitally important question of preserving the eye is a welcome addition to the literature on Nature-Cure."

—*Swami Shuddhananda Bharati.*

"......the author has compressed a lot of useful information regarding the treatment of defective vision by natural methods...As defective vision is more prevalent today people would derive much benefit from the application of the method outlined in this book."

—'*Leader*' *Allahabad.*

"......The author has dealt with the subject in accordance with up-to-date ophthalmic science and at the same time made the book practical."

—'*Bombay Chronicle.*'

Digitized By Roja Muthiah Research Library

DRUGLESS HEALING

BY

DR. L. KAMESWARA SARMA, M.A., N.D.,

WITH A FOREWORD BY

. JANAKI SARAN VARMA,

Author of 'Rogom-ki Achook Chikitsa,' *and Founder of* "*The Jivan Sakha*" *the leading Hindi Journal on Nature-Cure.*

SJT. VARMA IN HIS FOREWORD SAYS :—

"DRUGLESS HEALING" is concise and yet comprehensive, simple and yet exhaustive and full of details, and will serve not only as an introduction to the study of the philosophy of Nature-Cure and its practice, but also as a book of ready reference after one has studied the subject from various sources and points of view.

Price As. 6 or 1 Sh.

Books by the leading authority in India,

DR. SARMA K. LAKSHMAN, B.A., B.L., N.D,

1. PRACTICAL NATURE-CURE

The best and most complete book on the subject. Detailed instructions on diet, fasting, sun-baths, tub-baths, packs, enemas, bandages and other hydropathic methods are given.

Price ... Rs. 4.

2. FASTING CURE, Supr. Edn. ... As. 6.

3. PRANAYAMA

Treats of the new method of doing Pranayama in a non-violent way without the aid of a master ... As. 2.

THE NATURE-CURE PUBLISHING HOUSE,
PUDUKKOTTAI, S. I. RY.

LIBERTY PRESS, MADRAS

Digitized By Roja Muthiah Research Library

Dr. C. MUTHU, M. D., M. R. C. S. etc.
Fellow of the Royal Society of Medicine.

"......I have been looking over your book **PRACTICAL NATURE-CURE** which is really a splendid book and ought to do a great deal of good in India......"

"......**Practical Nature-Cure** is an excellent and interesting treatise on the philosophy and practice of Nature-Cure by one of India's most capable Nature-Cure practitioners who is best equipped to deal with the subject. It is a complete, authoritative and independent guide to natural cure and healthy living. Dr. Sarma in addition to being a gifted and scholarly writer with a flair for writing convincingly and interestingly is a well-known Naturopath who has earned a considerable reputation in recent years for his successful treatment and whose services are reuisitioned all over India and Burma... Practically every branch of this modern natural healing science is covered in this book......"

LEADER, ALLAHABAD.

Digitized By Roja Muthiah Research Library

Maha Yoga

OR

THE UPANISHADIC LORE

In the light of the teachings of

BHAGAVAN SRI RAMANA

BY

"Who"

PRICE RUPEE ONE.

"This mysticism of the Maharshi has its basis in a profound and intelligent comprehension of life and its problems. And to understand that, one must place the Maharshi in his philosophical and cultural milieu.

"From this point of view no work is as powerful and as faithful to the heritage of India as the beautiful study of this author. He is one of our friends. He has spent years with the Maharshi exercising himself always to his best to understand him in the light of the words of the sage on the philosophical problems and on this life of illumination which like the grand fire lit on the hill of Arunachala, is a veritable light-house for those who wish to see in modern India the revivifying effect of the upanishadic teachings consecrated by time."

SWAMI SIDDHESWARANANDA,
President, Sri Ramakrishna Mission in France,
in his preface to the French translation of 'MAHA YOGA.'

THE NEW LIGHT PUBLISHING HOUSE, PUDUKKOTTAI, S.I.R.
Higginbothams' Book-stalls on the S. I. Ry. and M. S. M. Ry.
The Sunday Times Ltd., Madras, G. T.

Digitized By Roja Muthiah Research Library